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Your essential daily news | WEEKEND, NOVEMBER 18-20, 2016

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Jainte Isaac, a curator of contemporary and indigenous art at the Winnipeg Art Gallery, started skateboarding as a child and said it helped provide her with a sense of belonging.

CULTURAL FUSION

Art show blends indigenous life, skateboarding and surfing metroNEWS

'Fentanyl crisis' sounds alarm

DRUGS

Firefighters speak out after three people found dead in home



Braeden Jones Metro | Winnipeg

First responders in Winnipeg are raising awareness of what they believe is just the beginning of a full-blown "fentanyl crisis" in the city.

While the dangerous opioid and its even more deadly variant, carfentanil, have plagued the city for months now, the president of Local 867 of the United Fire Fighters of Winnipeg says those on the front line of saving drug users from overdoses say there's no sign this trend will slow down.

"Firefighter paramedics and paramedics are going to fentanyl and carfentanil calls every single day... four or five in a night," said United Firefighters of Winnipeg President, Alex Forrest, on Thursday.

"I believe this is just the beginning."

"This is an issue that's not only hitting the downtown and north end, but

every single area of the city."

Forrest helped kick-off a union-funded public safety campaign on Thursday, which is meant to fully convey the severity of the wide-spread issue and educate the public on this "tremendous tragedy."

"We are putting our own money into this," Forrest said.

"On almost every media outlet you're going to see commercials asking the public to be aware of this issue... (to) have discussions with your children."

He added both young and old, casual and hard drug users have been unsuspecting victims of accidental overdoses.

"It's so dangerous, so toxic... fentanyl is 100 times more lethal than morphine and carfentanil is 100 times more lethal than fentanyl," Forrest explained.

"Carfentanil the size of three grains of salt is enough to kill an individual." There were three suspected fentanyl

deaths in the city on Wednesday alone. Currently, local pharmacies carry naloxone, a drug capable of counteracting overdoses, which is also distributed through the Winnipeg Regional

"The government is moving in the right direction," he said. "We're basically giving them a kick in the butts, hopefully they take our lead."

Health Authority.



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Your essential daily news Bullied Alberta politician shocks Conservatives by leaving the Tories for the NDP. Canada

Strike causing worry for international students

EDUCATION

They pay an average of three times more tuition: Rep



Jessica Botelho-Urbanski ForMetro Winnipeg

The 17-day faculty strike at the University of Manitoba has affected the majority of students, but for those who've come from abroad to study, the unknown future of the academic schedule is even more nerve-wracking, says an international students representative.

International students pay an average of about three times more than Canadians in tuition fees, said Steffan Aganbi, the University of Manitoba Students' Union's International Students Representative.

"There's a lot of noise. They're all saying, the UMFA (University of Manitoba Faculty Association) is concerned about students. The university administration is concerned about students," he said.

"We're the real stakeholders here. International students pay a lot of money and I'm sure Canadian students do (also) pay a lot of money. And we are not being considered at all."

Aganbi, a fifth-year computer science student originally from



Ramandeep Singh and Tarnvir Singh, second-year economics students from India, are concerned about how the faculty strike impacts their courses. JESSICA BOTELHO-URBANSKI/FOR METRO

Nigeria, said he's heard from international students who are considering changing schools due to the strike. Some are wondering if they can have their tuition fees reimbursed for this semester, but even then, currency exchange rates may negatively impact the transactions, Aganbi said.

On the University of Manitoba's website, a long list of answers to frequently asked questions from students says, "decisions regarding tuition refunds are dependent on the length of the strike."

There are about 5,100 international students, reflecting about 17 per cent of the university student population, Aganbi said, and their auxieties are running high.

"Most people are really just concerned about getting into class and graduating from their degrees, because graduation dates are potentially going to be pushed back, which means we're going to be behind trying to get jobs," he said

For second-year economics students, Ramandeep Singh and Tamvir Singh, both from India, the strike has cancelled one of their classes — labour studies — but the rest of their schedules

STRIKE UPDATE

The mood at the University of Manitoba Faculty
Association's picket line was jovial Thursday, but behind closed doors at the bargaining table, it was harder to tell what was going on.

Both sides agreed to a media blackout during negotiations, which continued until near midnight Wednesday.

The blackout was poised to drag into the night again Thursday, as neither party loosened their lips before press time on day 17 of the strike.

are business as usual.

Ramandeep Singh said he supports UMFA's strike mandate regardless of the personal inconvenience. He wants to see the university hire more professors because he's been stuck on class wait lists repeatedly and been forced to take online courses rather than classroom ones. "I'm not changing schools. I'm staying here. I'm with the parties, what they are doing is good," he said.

The University of Manitoba Students' Union and the University of Manitoba Student Action Network are encouraging students to join the picket lines Friday during the lunch hour in support of UMFA.

NEW WEST

Province formally joins trade agreement

Manitoba has officially joined the New West Partnership — a trade agreement set up by the other western provinces in 2010.

The agreement is aimed at allowing business, labour and investment to flow more freely within the region and at reducing barriers to inter-provincial sales.

Manitoba Premier Brian Pallister campaigned on a promise to join the trade deal before his Progressive Conservatives were elected in April.

Prior to joining, Manitoba had complained when Saskatchewan announced it would limit some Crown corporation contracts to businesses within the trade zone.

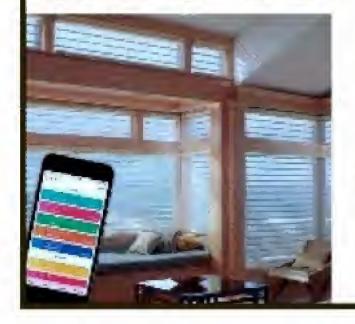
The Alberta government changed its liquor pricing last year to make craft beer from the partnership provinces less expensive than beer from elsewhere.

The former NDP government in Manitoba had balked at joining the regional deal because the New Democrats were focusing on a national trade deal among all provinces. Former premier Greg Selinger said he also had concerns that the trade deal's rules for settling disputes would lead to expensive lawsuits instead of mediation. Pallister said Thursday joining the partnership will be good for Manitoba.

"Business owners, community leaders and chambers of commerce from across Manitoba have long called for our province to pursue new opportunities for growth and reduced trade barriers," he said in a news release.

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HUDSON'S BAY

Indigenous life, board culture come together

WINNIPEG ART GALLERY

Boarder X an exploration of various art disciplines



Art, board culture and indigenous ways of being are all explored in the Winnipeg Art Gallery's (WAG) newest exhibition, Boarder X, which opens this weekend.

The multidisciplinary exhibit includes carving, weaving, painting, video, performance and photography by indigenous people from across Canada, explained Jaime Isaac, the WAG's curator of contemporary and indigenous art.

A half-pipe was also constructed on the first floor of the gallery, where there will be a free skateboarding demonstration when the show opens Friday evening.

"Surfing originated from pre-contact Polynesian indigenous cultures in Hawaii. Then skateboarding followed surfing and snowboarding followed skateboarding. And so, I think it's roots are in indigenous ways of being," said Isaac.

Some of the art was completed before the show, such as a painting by Roger Crait,



Skate ramps are under construction for the Boarder X show, coming to the Winnipeg Art Gallery. DAVID LIPNOWSKI/FOR METRO



Surfing originated from pre-contact Polynesian Indigenous cultures in Hawaii. Jaime Isaac

while others, such as Mark Igloliorte's skateboard video, were finished specifically for this Boarder X.

Isaac said she rejects the idea that art and sport belong to separate realms of life. "There's a lot of intersectionality when people are working both with their arts practices but also other parts of their life that really influence the way that they approach their arts practice or how they approach parts of their lives," Isaac said. Within the exhibition, Isaac

said, she can see how the art and board cultures influence one another. Isaac started skateboarding

Isaac started skateboarding as a child and said it helped provide her with a sense of belonging.

"We think about issues of the environment or how we relate to our culture. It's really important and significant to think about ways that we thrive. I think this is a really good example for indigenous youth," Isaac said.

Boarder X opens alongside the National Gallery of Canada's Vernon Ah Kee: cantchant, an exhibit that connects surfboards and video to Australian Aboriginal territory.

The exhibitions officially open on Saturday and run until April 23.

POLICE

Man dead in Charleswood house fire: Police

Police say one man is dead after an early morning house fire in Charleswood.

Officers and firefighters responded to reports of a blaze in the 200 block of Lynbrook Drive on Thursday around 2 a.m.

Police say crews found a man inside the home and rushed him to hospital, where he later died of his injuries.

The investigation remains ongoing.

Child porn charges laid

A 31-year-old Winnipeg man faces child pornography possession charges after a year-long investigation. In a release issued Thursday, police said the National Centre for Child Protection flagged a local IP address in October 2015 after images of sexually exploited children were uploaded on it.

Winnipeg police located the computer through the IP address, identified the user and seized the computer. On Oct. 6, they obtained a search warrant and found hundreds of images of sexually exploited children, mainly girls aged 2 to 13.

On Tuesday, they arrested and charged Joseph Higgins with offences related to the possession and making of child pornography. He remains in custody.



'If this is what I can do to help...this is what I'll do'

WINNIPEG HARVEST

The 13-year-old who refuses to watch children go without food



Botelho-Urbanski For Metro | Winnipeg

A 13-year-old boy with big dreams of helping babies get fed is kicking-off his annual baby formula donation drive this Friday.

Atticus McIlraith, a Grade 8 student at Acadia Junior High in Fort Richmond, will be at the Bell Tower on Selkirk Ave., Friday evening to collect donations and deliver a speech a speech he's anxious about, much like how he feels about media interviews.

"I don't really like doing speeches and things like that... I don't enjoy doing things like interviews, but I do it because of the motivation for the drive," he said in an recent interview at his home.

"Compared to what a lot of other people are going through, doing an interview is nothing, right? There are people hurting because they don't have enough food in their stomachs. And so if this is what I can do to help, then this is what I'll do."

McIlraith heard a plea on the radio four years ago from David Northcott, the execu-



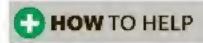
Atticus McIlraith, who's organizing a baby formula drive for Winnipeg Harvest. Jessica Botelho-urbanski/for Metro

tive director of Winnipeg Harvest, who said the food bank was in desperate need of baby formula. At that time, Harvest was down to their last 11 tins.

That's when McIlraith started collecting donations at his school Christmas concert, eventually expanding to pick-ups from his neighbourhood and entire city.

The first year he collected about \$1,500 in donations.

Altogether, Mcllraith has brought in about \$23,000



Have baby formula donations? Contact Mollraith and his team at nobabyshouldevergohungry.

worth of formula donations because "no baby should ever go hungry."

"You can raise \$10,000 in baby formula, but that literally only scratches the surface and it's like an iceberg, in a way. It's like trying to get rid of an iceberg," he explained.

"There's this constant kind of push because there's always going to be someone who is going without formula for their infant."

Baby formula is one of Harvest's top ten most needed items and the only item they purchase to help feed about 1,600 infants per month, said Northcott.

"Youth, like Atticus, are so important to our cause. They are our future leaders and ambassadors of combatting hunger and poverty," Northcott said in an email.

"Thank you Atticus for your continued support of Winnipeg Harvest and feeding hungry babies."

Mcllraith and a small committee of volunteers will drive around the city picking up baby formula donations until Dec. 22.

POVERTY

Mental health warning

A new study suggests the rate of mental illness among Manitoba children is almost double the national average, and even higher in Winnipeg's inner-city neighbourhoods and the province's north.

About one in seven Manitoba kids between the ages of six and 19 were diagnosed with a mental disorder by a physician between 2009 and 2013, the study by health sciences researchers at the University of Manitoba said.

Among teens, the rates of suicide, substance-use disorders and psychotic disorders followed a similar pattern - exponentially higher in the north and the adjacent downtown and Point Douglas neighbourhoods in Winnipeg than in other parts of the province.

"Mental health problems in children are more common than asthma or diabetes," lead researcher Mariette Chartier, an assistant professor in the department of community health sciences, said in a release Thursday.

The report found the common link is poverty. A poor family can be under financial and emotional stress, live in inadequate housing and have a hard time getting nutritious food.

The findings came as no surprise to Sel Burrows, an innercity activist in Winnipeg. He said many problems start with poor housing conditions and a lack of affordable recreation programs.

"In much of the inner city, you've got ... kids left living in substandard, cold housing. Of course they get depressed," Burrows said.

THE CANADIAN PRESS





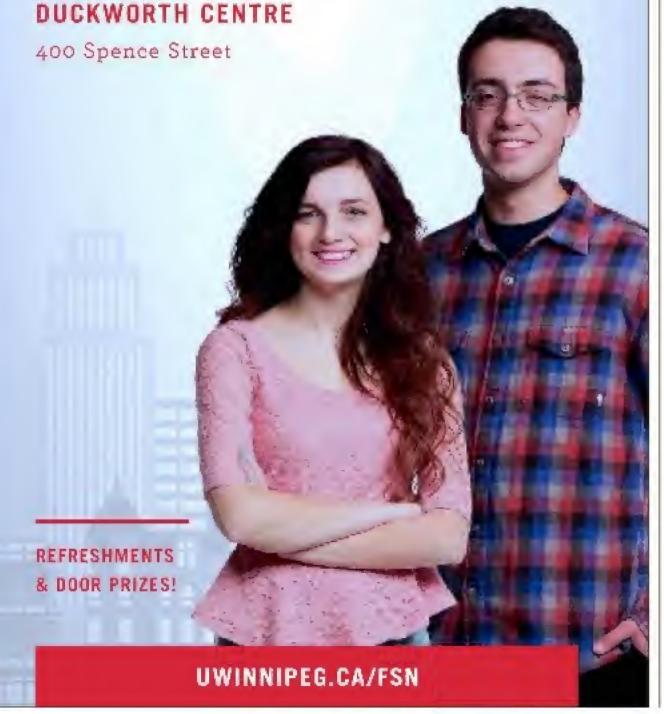
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Driving the message home on winter tires

TRANSPORTATION

Survey finds usage up in Manitoba



Braeden Jones Metro | Winnipeg

More Manitobans are choosing to use winter tires, but most could probably switch over sooner, according to an industry expert.

The Tire and Rubber Association of Canada (TRAC) conducted random surveys across the country to learn what percentage of people in each province use cold weather-specific rubber.

In this year's survey, 50 per cent of surveyed Manitoba drivers said they use winter tires, compared to 39 per cent who were using them in 2014.

Director of TRAC operations Barry Yutronkie attributes the uptick to "increased word of mouth ... consumer education and more industry information getting out to the public."

It's also at least in part due to Manitoba Public Insurance's interest-free loan program, which offers financing to drivers to help them get a second set of tires.

More than 53,000 people have applied for the program.

In Quebec, where winter tire usage was made mandatory, "personal injuries decreased five per cent" over two years, and deaths fell by three per cent.

"(They) save lives," Yutronkie

Unfortunately, he thinks the extended spring and myths about what happens to winter tires driven on dry pavement might have people putting them on too late.

As it was hovering around freezing most of this week, it's well below a temperature when the tires offer benefits over all seasons, typically quoted as seven degrees, but according to Yutronkie is really more around 10 C.

"There's no harm whatsoever in putting them on mid-October.... You avoid lineups and you're really not going to hurt the tires that much," he said.

"If you're running them through summer when it's 30 C on the highways that's a little hard on them, but into fall temperatures, below 10 C is cooler than normal, it really shouldn't be a concern."



An industry expert says some Manitobans are still dragging their heels when it comes to switching over, METROFILE



Just your average Canadian

The gray jay is the choice for national bird. Here's why...



Haley Ritchie Metro Ottawa

It didn't win the popular vote — coming third behind the common loon and the snowy owl - but the Royal Canadian Geographic Society has plucked an underdog to be the national bird of Canada.

The gray jay, also known as the whiskey jack, has been announced as the winner of a two-year search for a national bird.

The decision is not official but the society is suggesting the government should name the gray jay as the official bird of Canada.

Smart, hardy and friendly - the Royal Canadian Geographic Society says its choice for Canada's national bird epitomizes the best of the country's national traits.



Gray jays depend heavily on their food caches to get them through the winter. TORSTAR NEWS SERVICE

Unlike the snowy owl and the common loon, the jay stays in Canada all winter long. It is a hardy little creature - having been observed in its nest at -30 C.

Also like Canadians, it's a friendly sort. The little bird isn't shy, known to eat nuts and seeds straight from people's hands.

In First Nations lore, the

"wisakedjak" is a trickster: and a helper, warning people ; of predators in the woods and even leading lost travellers: home by calling from tree :

The choice is for the birds!

When news broke Wednesday that Canadian Geographic had picked the gray jay, also called the whisky jack, as its nomination for this country's official national bird, it touched off a cacophony of tweets - both for and against — at #CanadaBird.

A great many people asked why more seemingly-iconic birds didn't make the cut, birds like the common loon, the snowy owl or the conveniently-named Canada goose.

"What??!! Really?? Not the mighty loon??" wrote Kelda Larsen on Twitter. "Nothing wrong with gray jays, don't get. me wrong but...#CanadaBird"

"Wrong choice @CanGeo Canada already has a national bird the Canada Geese (sic). If you want to change it go with the Cardinal," wrote a user named @ Danno.

But in the opinion of Dan Strickland, Algonquin's retired chief park naturalist, the stout little jay couldn't be more Canadian. He would know — he's studied them for 50 years. TORSTAR NEWS SERVICE



Firefighters battle a blaze at the Robillard building in Montreal on Thursday. GIUSEPPE VALIANTE/THE CANADIAN PRESS

Canada's first cinema burns down

Fire gutted a 19th-century building in Montreal's Chinatown district on Thursday that once housed Canada's first cinema.

More than 120 firefighters battled flames leaping out of the historic Robillard building, a heritage property that was constructed around 1885.

According to city-run historical centre, the Robillard building was a 300-seat variety and vaudeville venue called the Palace Theatre.

According to the city, the Robillard was used for projections from 1896-97, making it the first cinema in Canada.

THE CANADIAN PRESS



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Vancouver Police Department spokesman Const. Jason Doucette walks past stacks of seized baby formula. JENNIFER GAUTHIER/METRO AUDIENCE BY PETER MORGAN DIRECTED BY CHRISTOPHER NEWTON STARRING FIONA REID AS QUEEN ELIZABETH II **NOV 23 - DEC 17** "Royally entertaining" **STARTS NEXT WEEK!** TICKETS START AT

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Big baby formula booster is busted

VANCOUVER

Suspect accused of hiring drug addicts, selling goods in Asia



Wanyee Metro | Vancouver

One alleged prolific criminal is behind bars after Vancouver police seized about \$100,000 worth of stolen goods - much of it in the form of baby for-

Officers seized about \$50,000 worth of baby formula in early November after a tip that large amounts of the product were disappearing from store shelves.

Police allege the mastermind behind the operation was hiring drug addicts to steal product for him. The suspect would then sell the product for triple the price in Asia, where demand for Canadian baby formula is high, according to Detective Const. Doug Fell with Vancouver Police Department's antifencing unit.

Fencing is the act of buying and selling stolen goods.

"What happens here is the mobile fence uses a predatory method," he said Wednesday. "This individual would provide (drug addicts) money to get their drug fix, and then they would go and boost for him."

Police believe the suspect has been operating in Vancouver for about a year, hiring 10 to 20 people a day and gathering over \$200,000 worth of stolen product in total. That's worth about 70 per cent of all stolen baby formula in the region, said Fell.

Officers followed him and saw thieves bring him up to 24 units of baby formula at a time. The suspect stored the stolen goods at a Strathcona residence, according to Fell.

He called the operation, 'predatory fencing," because it preyed on society's most vulnerable to do the dirty work.

The suspect, who has no criminal history, will face trafficking and counselling-to-commit-offences charges, he said. Other charges are being considered for two other individuals involved in the operation.

This is one of the biggest stashes of stolen retail goods Vancouver police have ever seized and authorities hope this sends a strong message to criminals that this kind of operation is no longer feasible.

"They are not under the radar anymore. We hope there will be a significant drop because we feel this individual had capitalized on a unique market," said Fell.

Retailers will dispose of all \$50,000 worth of seized baby formula because there is no guarantee the product has not been tampered with or was stored in appropriate conditions, said Tony Hunt, London Drug's general manager of loss prevention.

It's a problem that retailers have to deal with on a daily basis, with about 1.5 per cent worth of sales lost due to theft every year, he said.

CANADA NEWS

Officer found dead in Jordan

A Canadian military officer has been found dead Thursday in a military gym in Jordan, the Department of National Defence says.

Maj. Scott Foote, a logistics officer based out of Kingston, Ont., was pronounced dead after attempts to revive him were unsuccessful. His death has been classified as non-combat related and an investigation is under-Way. THE CANADIAN PRESS

Premier comes out against 'conquered people' brief

Nova Scotia's premier distanced himself Thursday from a legal brief that implied members of a First Nation band are a conquered people.

The brief was part of the government's case in an appeal of its approval of a plan to store natural gas. In a hearing, the Indian Brook band argued the province had a duty to consult with it.

The government brief said the Crown's obligation to consult extended only to "unconquered people," and that the band's submission to the Crown in 1760 negated its claim of sovereignty. THE CANADIAN PRESS

'Trump-style politics' pushes Tory to NDP

Alberta Progressive Conservative member Sandra Jansen crossed the floor to the governing NDP on Thursday, saying the moderate party she called home for 30 years is moving to embrace a far-right ideology.

"I need to be true to the values of my constituents and my own values," Jansen told reporters at the legislature, standing beside Premier Rachel Notley at a news conference.

"So I'm supporting a party now that believes in those values, too."

Jansen, a two-term MLA for Calgary North West, has been a longtime champion of equality issues, such as allowing gaystraight alliances in schools.

She quit the PC leadership race earlier this month, saying online and in-person abuse from supporters of another leadership candidate became intolerable.

"The dog-whistle politics that I heard at the PC policy conference (earlier this month) were chilling to me: eroding public education, taking away women's reproductive rights and trying to out gay kids in schools," said lansen.

"That is not my Alberta."

Jansen has been critical of PC leadership candidate Jason Kenney. She has suggested he is



Sandra Jansen THE CANADIAN PRESS

bringing "Trump-style politics" to Alberta from Ottawa. Earlier this year, she promised to quit the party should he become leader.

Kenney is a former Calgary Conservative MP under former prime minister Stephen Harper. He has said abuse of any public official is intolerable.

In a statement, Kenney wished Jansen well but urged her to let voters ratify her decision, given the policy differences between the PCs and the NDP.

"Ms. Jansen owes it to those constituents to let them decide in a byelection whether they should be represented by someone voting for higher taxes, including the carbon tax, as a member of the NDP government," said Kenney. THE CANADIAN PRESS



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Dig deep into Trump, like a masseuse

Understanding his impact will require penetrating thought and persistent focus

ROSEMARY WESTWOOD

I do not recommend Donald Trump as a conversation topic with your deep-tissue mas-

As a newbie, you might already fear that a deep-tissue massage could somehow dismember you. And DT is not relaxing. Dim lighting and looped waterfall audio are no match for the spectre that is DI's incoming presidency, the engine squeals of which are already sounding overhead.

You will be now be hearing, every day, the voice of DT oozing out of your radio or TV or YouTube clip, and that is stressful enough. You don't need to hash it over with the man rubbing the bottoms of your feet.

Of course, you probably can't help yourself.

All week I've been attempting mental backflips and yogic contortions - efforts to "make sense" of the new world order.

That race and gender, economics, nationalism and technological change all played a role is, I think, clear - although their exact measurements remain a mystery. Did Facebook, too, with its propagation of fake news stories? And what role did willing ignorance play? Did education fail, or are more Americans than many realized simply horses unwilling to drink, probably because we can't agree on what is water?

Here is my favourite — i.e. least-favourite — thing about President-elect DT: Nobody knows what he will do.

That is what makes calls to "give Trump a chance" so alluring - and wrong. President Barack Obama is perhaps

obliged to say this. DT's supporters must, or what was the point of voting for him? But the rest of us do so at our

That is why so many in America have been writing this week about vigilance, warning about "normalization" in the media, worrying about free speech. Perhaps you noted the Huffington Post removed an editor's note that called DT racist, reportedly to start his presidency with a "clean slate."

Trump's slate, I think you'll agree, is muddied and decidedly grim. How to bring America together remains a riddle. Writing off all DT voters is simply bad math: They are one in five of all Americans, or twice the population of Canada. It's also the kind of thinking that will only feed the growth of the alternate-universe America, which believed in DT.

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A roundup of news about the president-elect **Donald Digest** From 'loser' to

> Mitt Romney will meet this weekend with Donald Trump to discuss taking the secretary of state position, a source told NBC News. Romney has been a critic of Trump, slamming him as a "phoney" and a "fraud." Trump repeatedly referred Romney as a

secretary of state?

"loser." But the two began repairing their relationship after

Trump's victory. AP

A new Trumpiculum

San Francisco's public schools have been offered a classroom lesson plan that calls President-elect Donald Trump a racist, sexist man who became president "by pandering to a huge racist and sexist base." Ag

In like Flynn

Trump has offered retired Lt. Gen. Michael Flynn the job of national security adviser, according to a senior Trump official, who wouldn't say whether Flynn has officially accepted the job. AP



OPTOMETRISTS:

Dr. Matthew Anderson

Dr. Tyler Anderson

Dr. Andrea D' Mello

Dr. Michael Langenberger

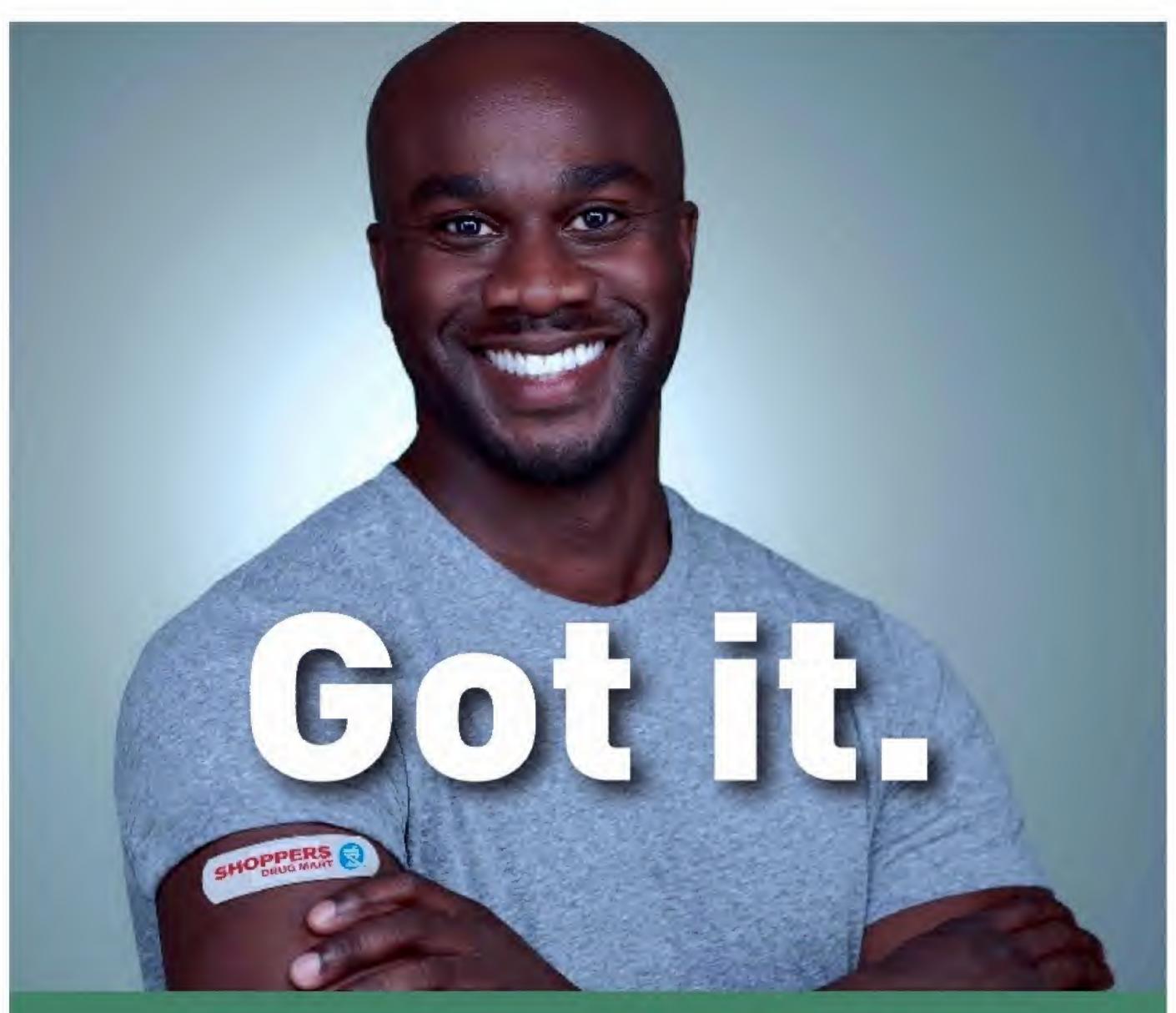


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D-PARTILE

Migrant deaths hit an all-time record

REFUGEE CRISIS

4,500 have died crossing the Mediterranean so far this year

Four Mediterranean Sea shipwrecks in the past 2-1/2 days have caused about 340 migrants to die or go missing, making 2016 the deadliest year on record for asylum seekers risking the dangerous voyage to Europe, a migration organization said Thursday.

The shipwreck casualties brings to over 4,500 the number of migrants who have died or disappeared crossing the Mediterranean so far this year, according to the International Organization for Migration figures. The total compares with the 3,770 people reported dead or missing last year, the previous record.

The organization said Thursday that the death toll is rising as smugglers force departures



About 340 migrants have died or gone missing in four Mediterranean Sea shipwrecks over the past couple days during the deadliest year on record. THE ASSOCIATED PRESS

despite rough, winter seas.

"What is shocking is the cruelty," Flavio Di Giacomo, Italy spokesman for the International Organization for Migration, said. "The traffickers are forcing people to depart despite the prohibitive sea conditions. When they get to the beach, migrants who don't want to go are forced to get on board, even with violence."

Di Giacomo said traffickers

care little if the migrants make it alive. "Once you pay, you can't go back," he said.

The count from the recent shipwrecks was based partly on the rescue overnight by Doctors without Borders of 27 migrants, who reported that more than 130 people had been on board their rubber dinghy when it sank, Di Giacomo said. Seven bodies have been recovered. THE ASSOCIATED PRESS.





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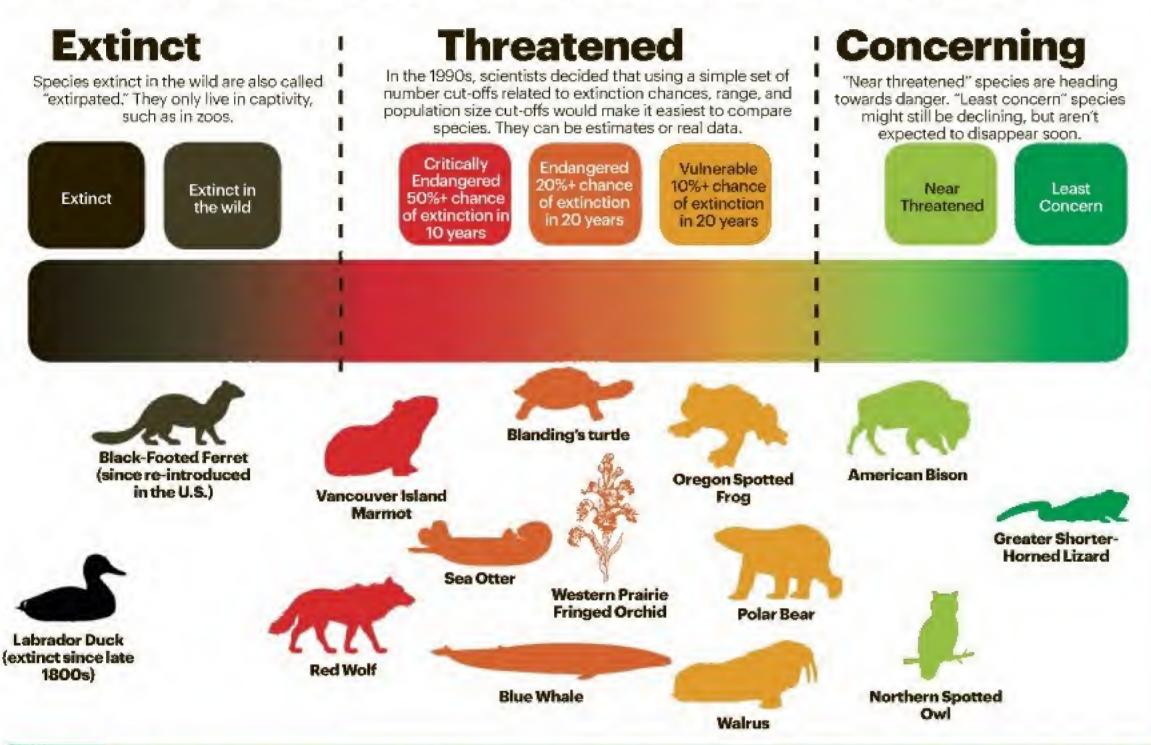
Your essential daily news

Insects, especially crickets, are richer in iron even than a sirloin steak, says a new study. Crunchy!

DECODED by Genna Buck and Andrés Plana

ANIMALS ARE IN DANGER NEAR YOU

Most people know the International Union for the Conservation of Nature (IUCN) keeps a "Red List" of endangered and threatened species. But have you ever wondered how an animal, plant, protist or fungi earns the dubious honour? (Microbes are disqualified.) All these species make their home, or once did, in Canada. **They're all of international concern for conservationists, and our whole planet.**



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FINDINGS Your week in science



J28 AND CALF LOOKING THIN IN A DRONE PHOTO. VANCOUVER AQUARIUM, COASTAL OCEAN RESEARCH INSTITUTE

WHALE OF A PROBLEM

Cetacean lovers are anxious about last month's death of the orca J28, a.k.a. Polaris, and likely her year-old calf as well. One fewer breeding female is a setback for the fragile population of 80 southern resident killer whales off the coast of B.C. What's going wrong? Scientists suspect either contagious disease or a dangerous accumulation of toxins. Examples are PCBs (coolants), PBDEs (flame retardants) and even Cesium-137 from the 2011 Fukishima nuclear accident.

SOUND SMART



DEFINITION

Bioaccumulation

is accumulation of a substance (often toxic) in the body. It happens when a species takes in more of something than it can digest or flush out. It's common in predators at the top of the food chain.

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Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL

Rowling's magic touched actors early

Another J.K. Rowling adventure is on screen. It follows Newt Scamander, author of the textbook Fantastic Beasts and Where to Find Them (also the film's name), in New York City in the 1920s, 70 years before Harry studied the text at Hogwarts. I spoke with the cast, asking them how Rowling and the Potter phenomenon touched them personally. RICHARD CROUSE/FOR METRO

Eddie Redmayne is Newt Scamander

"I started watching the films when they came out and for me it was this incredibly warm, wondrous place to go back to every year or two. It felt familiar and new, and I got to see some of my favourite actors doing extraordinary work. It became a consistent comfort."

Katherine Waterston is Porpentina Goldstein

Waterson plays a witch and former Auror for the Magical Congress of the United States of America: "I really identified with (Rowling's) passion and commitment when I was in my 20s and was a struggling actor. You think of those people and

Ezra Miller is Credence Barebone

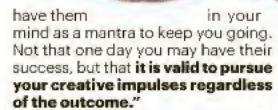
Miller plays a member of the New Salem Philanthropic Society, an antiwitchcraft group: "I think (Rowling) gave to those of us who partook of her work as young people... natural gifts, a sense of justice and morality, of wonder and of imagination. A lot of us lose these gifts as we grow old and you look around and adults are boring.

Dan Fogler is Jacob Kowalski

Fogler plays a non-magical factory worker: "I was a fan of Star Wars, the hero cycle, Joseph Campbell, fantasy. Dungeons and Dragons and all that. When I saw the (Potter) movies I thought, these really contain all of that and they also have that amazing coming of age feeling, like you're watching a John Hughes movie. All the incredibly personal stuff, like

Alison Sudolis Queenie Goldstein

Alison Sudol plays a free-spirited witch: "I loved the wizarding world so much, from the get go, from the first page of the first book. I already loved The Chronicles of Narnia and Lewis Carroll, and here was this world where there was an entirely parallel universe going on alongside ours, where all these in.





jaded and disillusioned but I personally feel J.K. Rowling gave us a means by which to portage those inherent gifts of childhood over the wilderness and into our adult lives."



they did stuff like the Sorting Hats, struck a chord for me. It reminded me of sleep-away camp when everyone found their own cliques."



imaginative things were happening. It felt tangible and possible and real. It was such a beautiful place to inhabit in my imagination."









Children's plight solvable issue: Rowling



Author J.K. Rowling at the premiere of Fantastic Beasts And Where To Find Them in London. JOEL RYAN/INVISION/AP

J.K. Rowling came to North America for a movie and a cause.

The British author was onstage at New York's Carnegie Hall on Saturday night to introduce an advance screening of Fantastic Beasts and Where to Find Them, a Nov. 18 release that she adapted from her Harry Potter spinoff book of the same name.

The screening was a fundraiser for Lumos, a non-profit Rowling started a decade ago to help institutionalized children worldwide be reunited with their families.

Her voice hourse from days of promoting Fantastic Beasts, Rowling joked that she was "full of honey" as she joined the film's star, Eddie Redmayne, for a conversation about her charitable work and the new film's script.

She has related often her inspiration for Lumos: She was reading the Sunday Times and spotted, to her horror, a picture of a child in a cage. Unsure if she could bear to keep reading, Rowling told herself that if the story was as awful as the picture suggested, she had no choice but to do something about it.

"They are so voiceless," she said of the children in orphanages, which she has criticized often as damaging to children and their development. Rowling came prepared with notes and statistics about the plight of institutionalized children, but also about the real possibility of helping them all.

"This is an extremely solvable issue," she said. "It doesn't mean it's easy, but we know how to do it."

Rowling also spoke of Fantastic Beasts and the writing process. The film was directed by David Yates and also features Alison Sudol, Dan Fogler, Katherine Waterston and Ezra Miller, all of whom briefly came onstage after Rowling and Redmayne.

Countless novelists have struggled to write for films, calling the two art forms almost entirely different. Rowling managed in part by treating the script like a book, including not just dialogue but long descriptive passages about the setting and characters.

"It's like learning a completely new language," she said of her script. "I learned to write a screenplay while writing a screenplay."

THE ASSOCIATED PRESS

Capturing millennial angst

Steve Gow For Metro Canada,



After all, her acclaimed debut feature The Edge of Seventeen is a clever coming-of-age comedy about a social outcast (Hailee Steinfeld) whose temperamental teenage life becomes even more complicated when her best friend (newcomer Halee Lu Richardson) begins dating her brother.

"We're our own worst enemy. You don't have to have a movie like Mean Girls where there's a mean girl at school — the mean girl can be in yourself," said Richardson of the film's fresh female perspective — one that shuns the teen genre's boilerplate formula of conquering cliques or seeking sex.

"A lot of that gets beaten away when you have a respect for how complicated the age is," insisted Craig, who spent six months interviewing teens before writing the script. "As soon as you



recognize

that you

can't use

a broad

brush,

you've

stepped

away from

a genre film

because you're

trying to say something more

specific or muanced than that."

James L. Brooks was also key

to finding the film's au courant

tone. After all, the legendary

filmmaker behind such Oscar-

winning successes as Jerry Ma-

guire and Terms of Endearment

(not to mention television hits

like The Simpsons) definitely

Enlisting super-producer

advised Craig to avoid conventional trappings.

"We beat genre away with a stick," said Brooks during the Toronto International Film Festival. "It was always our intention to keep it the hell out of what we were doing and it was healthy for us to patrol the borders that way."

In that sense, casting became critical. While every supporting character resonates, it was Steinfeld (whose breakthrough role in True Grit

earned her an Oscar nod at just 14 The mean girl can be years old) that will surely speak. for the adolescent

angst of the millennial generation.

We're our own

worst enemy.

in yourself.

Kelly Fremon Craig

"She was somehow able to pull it all off. She's so ridiculously, impossibly funny and then in the next second, she just shatters you she's so heartbreaking and fragile." said Craig, who insists she auditioned 'a thousand girls' before discovering Steinfeld. "If she didn't exist, the movie wouldn't exist."

Victim seeks revenge in Verhoeven's Elle

INTERVIEW

Isabelle Huppert stars in film about sexual assault

Richard Crouse For Metro Canada



To call director Paul Verhoeven provocative is like suggesting the Atlantic Ocean merely contains some water. He's the man who gave us Saved by the Bell sweetheart Elizabeth Berkley licking a stripper's pole in Showgirls and the splatterfest of Starship Troopers. A cursory glance at any of his films suggests his Taste-O-Meter is permanently set at "garish" but his movies beg for - actually they sit up and demand more than a cursory look.

His new movie, Elle, based on French-Armenian writer Philippe Djian's awardwinning 2012 novel Oh ..., is a complex and corrosive psychological thriller about a woman seeking revenge on the man who raped her.

"Sometimes you are in a Hitchcock thriller," says star Isabelle Huppert of the film. "Sometimes you are in a psychological study. Sometimes you are in a comedy and at the end of the day you are in none of those; you are in a Paul Verhoeven film."

Verhoeven's originally planned to relocate the story from France to the United States but ran into roadblocks.

"He makes no secret of that," Huppert laughs. "I like that. He was completely clear. He didn't want me. He wanted an American movie star. He didn't get her so finally he came to get me."

The Paris-born actress was a natural choice to play Michelle. She is a complicated character. As the daughter of a notorious serial killer she has developed a hard shell.

She's blunt to the point of



Director Paul Verhoeven and Isabelle Huppert work through a scene in Elle, Verhoeven's controversial film about a woman seeking revenge on the man who raped her.

GUY FERRANDIS/ SBS PRODUCTIONS, COURTESY OF SONY PICTURES CLASSICS

future daughter-in-law and exhusband to her mother and son, who she refers to as "a big lout with nothing special about him."

She's having an affair with her best friend's husband and even deliberately runs into her ex's car then blames the damage on someone else.

"I read the novel first and thought it could potentially be a great film because it is very visual and the character is very interesting," she says. "Then eventually the writer Philippe Djian said he always had me in mind while he was writing the novel. No wonder I immediately felt connected to the role."

Elle is a deeply polarizing movie - in Cannes it rude with everyone from her was equally lauded and con-

The role is not a man's fantasy.

I don't think so. The way she is

usual James Bondish avenger.

She is really in an in-between

very, very, feminine. It is the

exploration of something in

between. Isabelle Huppert

halfway between a victim and the

space which I think is, essentially,

demned — that treads some very delicate territory.

Not that this is a delicate film. The assault is first heard, then seen in increasingly graphic detail as the running time climbs to the closing credits.

The movie has taken some heat because it's a male director making a film about a female reaction to assault.

Huppert rejects the criticism. "He told me very little and let me take the role wherever I wanted," she says of Verhoeven. "That might be so that at the end you don't have to measure the extent of the (male gaze). The role is not a man's fantasy. I don't think so. The way she is halfway between a victim and the usual James Bondish avenger. She is really in an in-between space which I think is, essentially, very, very, feminine. It is the exploration of something in between, which makes the character very interesting.

"That doesn't make the character like it was the product of a man's fantasy. Plus, as an actress, all the way through, I felt completely protected by him. I never felt the smallest sense of danger or being manipulated."



DANCE MUSIC

Kaskade confident EDM isn't waning



Kaskade RICH PURY/INVISION/AP

Grammy-nominated DJ and producer Kaskade has seen the headlines proclaiming the beginning of the end of the electronic dance music craze — but he's not buying it.

"I don't think that at all, obviously. I'm busier than I ever have been and I think, really, we just kind of scratched the surface," he said in a recent interview. "As far as the impact that it's had on the music culture, we're kind of just begin-

As proof, Kaskade — whose real name is Ryan Raddon pointed to his groundbreaking show at the Los Angeles Convention Center in May. He became the first dance music headliner to perform in the venue, which drew more than 20,000 fans.

"There's a lot of naysayers out there who are like, 'It's done. It's happened.' Whatever. I'm like, '25,000 tickets later, I think we're OK," he said while brush-

ing imaginary dust from his shoulder.

In the last seven years, electronic dance acts like David Guetta, Calvin Harris and Skrillex have dominated pop radio, collaborated with A-list singers and sold out stadiums and arenas like modern rock stars. Kaskade plans to take EDM to more heights with a new multivenue partnership with Hakkasan Group in Las Vegas. THE ASSOCIATED PRESS



Lane 8's current tour is dubbed This Never Happened.

Connecting organically

Daniel 'Lane 8' Goldstein asks fans to power down for shows

Ben Rayner

Torstar News Service

Well, he's never gonna get a track placed in an iPhone ad now, but Denver DJ/producer Daniel 'Lane 8' Goldstein is at least doing his part to stave off humanity's total enslavement by the machines for a few nights.

For Lane 8's current tour, dubbed This Never Happened, Goldstein has politely instituted a no-phones policy in hopes that club crowds might reconnect with the business of gettin' down to his ultrasmooth and melodic taste in faintly tech-y music all night long and forget about snapping selfies and posting unwatchable live videos.

I love the "This Never Happened" concept. I wish more artists would institute the same policy. What's the thinking behind forbidding phones in the clubs on this tour?

It all came about as a reaction to what we experienced on my album tour (for Rise) last year. Whenever I played one of the more popular singles from the album, like Hot As You Want instead of being a huge, uplifting moment in the show, the audience reaction was always pretty flat — because half the crowd was recording on their phones! My team and I just couldn't reconcile our own early clubbing experiences

with what we were seeing in 2015. We really wanted to do something about the problem, to help people connect more organically and intensely with music and with each other. Banning phones seemed like one integral part of the experience we wanted to build.

Was there a specific incident that catalyzed the idea and made you think: "That's it, I've had enough"?

I don't think there was one specific incident that stands out in my memory. It's a problem that plagues our entire society. The dance floor isn't the only place where people miss out on real human connection because they're staring at their phone screens. But as a performer and a lover of dance music and live music, I personally feel very strongly that phones don't belong on the dance floor. Being on Instagram in a club misses the entire point of going to a club, in my view.

What's the reaction been? Have people generally complied with your request?

The reaction has been incredible. We were, of course, a little nervous that people would hate us for trying to take their phones away (we don't do that) but people have been so accepting and willing to try the concept, and have absolutely loved the experience. It's always nice for me to see groups of friends connecting in the audience in such an intimate way, or people meeting each other and bonding over their common music taste — those are things that were much rarer for me to see before we started "This Never Happened."





Building a strong community for everyone

Supporting a community of approximately 17,000 residents, the Elmwood Community Resource Centre is a nexus for the citizens to learn, grow, and share — building a stronger neighbourhood for all. Part of Elmwood's success comes from the fact that it's an organization of the community for the community, explained Nina Condo, executive director of the Elmwood Community Resource Centre.

"Our main role is to be the connection for the community — it's neighbours helping neighbours," Condo says. "We've been in the community for 15 years and we hire from within the community to build capacity for programs.

"That's how we build trust in the community."

The program primarily services families in the Elmwood region and offers a variety of free services, ranging from adult literacy, to programs for at-risk youth, and family health and wellness programs.

"The centre offers a wrap-around model where you don't have to go miles and miles to



STOCK

access multiple services," she says. "Everything is here in the community centre."

In addition to supporting the community, the centre also offers a newcomers program that helps them become part of the communlty.

"It helps them integrate into the Elmwood area," Condo says. "The program helps with everything from finding a school to applying for a job to finding doctors and discussing how to get involved in the community." If people are interested in learning more, they can visit elmwoodcrc.ca or call 204-982-1720.

Bursaries are helping make St. Mary's Academy accessible to young women

For nearly 150 years St. Mary's Academy's mission has been to nurture young women, spirit, mind and body and that vision includes the best and brightest from diverse communities across Winnipeg.

"We want to be accessible to all families and to all young women in the city," says Connie Yunyk, president of St. Mary's Academy. "The vision of our foundress, Blessed Marie-Rose Durocher, was that forming and educating young women can change an entire society."

To make the vision a reality St. Mary's offers a bursary program to help students who qualify but cannot afford an Academy education.

The bursaries are made possible through donations from alumnae, parents and friends of the school.

St. Mary's Academy's outreach is to provide access to families of all faith backgrounds, and Yunyk says there is a concerted effort to make sure the school's bursary and capital funds can accommodate the growing diversity.

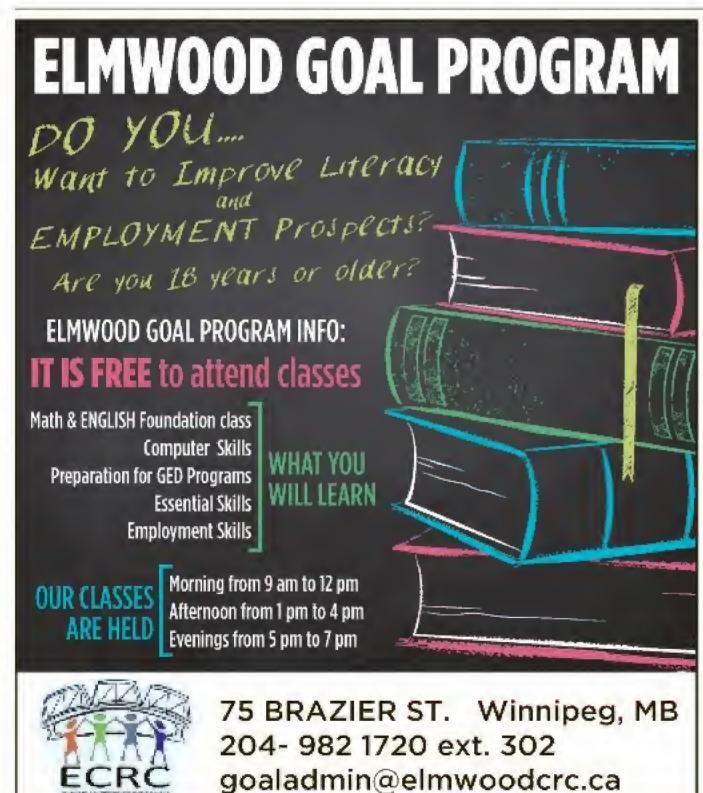
"It's not just money that we are asking for," she says. "It's time, talent, and treas-



CONTRIBUTED

ure that we're looking for; if people can't contribute with a monetary donation, they can sit on a committee or help organize a function — everything is appreciated."

To donate to the Academy, contact the school's Advancement and Alumnae Affairs office at 204-478-6030 or gvandemosselaer@smamb.ca, or follow the links at stmarysacademy.mb.ca.





Line the tree with top toys of the season

PLAYFUL THINGS

From babes to teens, these toys are sure to please

Tanya Enberg



From budding builders 🧟 and aspiring artists to Star Wars enthusiasts and tech lovers. here's a round up of some of the season's hottest toys guaranteed to please all of the kids on your holiday list.

Babies

Babies will giggle and jiggle with the Dance and Move BeatBowWow from Fisher-Price. Push the buttons on the paws and he will play songs, light up and bust out dance moves, with head bobbing, ears wiggling and tail wagging. \$29.94 at Walmart.ca.

3+ years

Award-winning Valtech Magna-Tiles is a must-have kit for builders of any age. The colourful translucent 3D magnetic tiles connect easily so kids can create whatever the imagination stirs up, while developing math. science and fine motor skills at the same time. 100-piece set, \$124.99 at Amazon.ca. The Playmobil Pony Farm

takes little ones on a journey to the country. Go for a ride, feed the animals, and take care of the play den with all ed to run the farm. \$59.99 at Playmobil.ca.

years Hatchimals are literally flying off

the shelves. Called the hottest toy of the season, these cute creatures live inside an egg until they are ready to

touch. Once out, the fun begins as kids teach their furry critter to walk, talk. dance and play games. \$79.99 at Toysrus. ca, though finding them in stock may be tough.

6 - 15

Get powered up with the recent arrival of DC Super Hero Action Hero dolls to Canada. The Mattel line includes Wonder Woman, Supergirl, Batgirl, Harley Quinn, Bumblebee, Poison lvy, and Katana. About \$25 each at Walmart.ca.

Meet the perfect pet for dinosaur enthusiasts the Meccano Meccasaur, a threefoot long T-

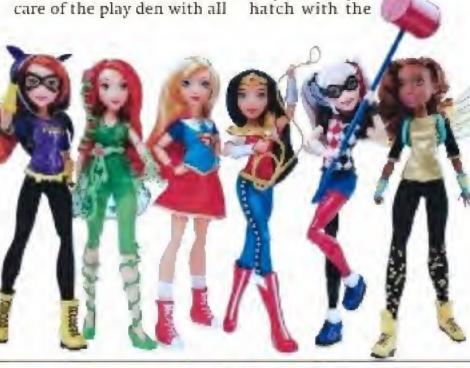
kids get to build and program. Hear the Meccasaur

roar and watch it guard, walk and stomp. Recommended for 10+. \$159.99 at Mastermindtoys.com.

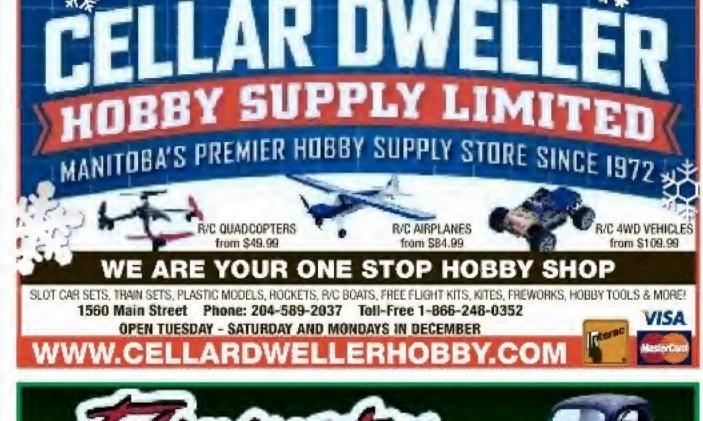
From left, Fisher-Price Dance and Move BeatBowWow; Hatchimals; DC Super Hero Action Hero dolls from Mattel; Meccano Meccasaur;

> Valtech Magna-Tiles; Playmobil Pony Farm

> > Disclaimer: Product availability and prices subject to change at retailer's discretion.









Your essential daily news

Casper hotels close to sold out for Wyoming 2017 eclipse

As cool as ice

The Pemberton Ice Cap is the southernmost of five giant icefields in B.C. and a short helicopter ride from Whistler. HEADLINE MOUNTAIN HOLIDAYS PHOTOS

BRITISH COLUMBIA

Fantastical frozen shapes create scenery in glacial caves

Jennifer Allford

For Torstar News Service

We walk into the ice cave — fingers skimming the frozen wall, boots and hiking pole picking over boulders and a little river rushing alongside. Before we go too far into the cavern of blue, we pause, take off our gloves and turn on our headlamps.

We're walking underneath part of the Pemberton Icecap, the southernmost of five giant icefields in B.C., about 1.300 metres up and a 20-minute helicopter ride from Whistler.

The caves, tunnels really, are formed every year by water melting along the bed of the glacier. As we walk through the ice, drops of water fall on your face and little chunks of ice — just enough for a gin and tonic — bounce off your shoulder.

"I like to hang out in the blue," says Doug Washer with a grin as bright as the headlamp on his helmet. "It's my happy place."

As head of Head-Line Mountain Holidays, Washer helps bring hundreds of visitors to the icecap every year to hike the caves, go snowmobiling or, in some cases, hold a wedding. We pick our way over the slippery rocks and Washer points out a moulin, a skylight in the tunnel that lets the sun stream in, show-

ing off fantastical frozen shapes and about a million shades of blue in the ice. He warns us not to touch a giant sculpture of ice that descends from the top of the tunnel, technically an icicle, but he encourages us to get up close to the walls of the cave to see air bubbles and bits of sand trapped in the ice.

Washer has been leading backcountry tours for about 30 years and he clearly delights in showing the wonders waiting in the caves.

"I get more joy taking people on this trip than any other thing I've ever done." he says.

Eager to learn more about the ice, Washer is working with glaciologist Gwenn Flowers from Simon Fraser University to better understand how the icecap is changing.

"Ice itself flows, it turns over

🕕 lF YOU GO

Find out more

Head-Line Mountain
Holidays has a Heli Ice
Cave Explore package that
starts at \$1,395 per person,
based on four people. The
guided adventure starts
with a helicopter ride from
Whistler and takes about
four hours.

with time," Flowers says from her office in Vancouver. "The ice starts as snow and becomes incorporated into the glacier, flows through and eventually melts out somewhere else."

The ice cave we're in came from somewhere upstream and she estimates it's likely been around for decades, maybe centuries. We emerge from the cave and walk up through rocks artfully arranged by ice and time. We turn off our headlamps and head back to the helicopters that are parked on top of the ice caves.

Washer leads the way, probing the ice with a pole to ensure we aren't walking over a crevasse. We snake our way back single file, smelling the barbecue and, when we get there, we strip off a few layers to enjoy grilled skewers of meat and shrimp in the sun.

As we eat, Washer tells us about the worms that live in the ice and the upside-down necklace shape of the arches we walked through. "It's the strongest shape in the world," he says.

As we sit atop a retreating icecap, the talk turns, inevitably, to climate change.

"We are part of the problem

but I like to ask the question, 'How do I be part of the solution,'" says Washer of the research project with Flowers. "Literally, each and every time we are flying out here, we are photographing, we are measuring, we are assessing, we are recording what's going on," he

Engrossed in conversation, we don't notice the clouds coming in. But the pilots do. It's time to go.

As we take off, looking down at the deep lines of blue that run through the ice, we can't help but wonder about the rivers flowing, ice sculptures forming and worms that are moving underneath.

Jennifer Allford was hosted by Tourism Whistler and its partners, none of which reviewed or approved this story.

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Where to soak in Berlin's zeitgeist

Europe's haven for free spirits has been an expat destination for decades, a place where young artists, techies and intellectuals mix. Techno and Club-Mate caffeinated soft drinks aside, here are a few cool things to check out when visiting Berlin. GRACE LISA SCOTT/FOR TORSTAR NEWS SERVICE



Industrial wear

Nestled in an old-world courtyard in Kreuzberg, VooStore offers design-conscious fashion and oddities. A former locksmith shop, it maintains an industrial feel in an open, loft-like space. Higher-end labels, streetwear and shoes are artfully on display near gadgets, candles and a variety of literature. There's also an adjacent café, Companion Coffee, if you feel like soaking in the vibe a little longer.



Sipandstroll

The southwest neighbourhood of Neukolin, once predominately a borough inhabited by Arab, Turkish and African immigrants, has begun replacing neighbourhoods such as Kreuzberg as the destination for Berlin's young creatives. Cafés, campy bars and vintage stores mix with Turkish sweet shops. There's plenty of venues to check out, but why not grab a bottle of Augustiner for \$1.80 at a corner store and stroll down the picturesque canal.



Wanna be educated

One German man's obsession with some of the originators of punk led to the Ramones Museum in Berlin's Mitte neighbourhood. For €6 (\$8.75 Canadian) you can tour the memorabilia collected by Flo Hayler from the band's 30-year career. This place is a labour of love and fandom, full of gig flyers, set lists, and even a pair of Johnny Ramones' jeans, Price includes a beer and button.



Veggie garden

Kanaan is the joint creation of Palestinian chef Jalil Dabit and Israeli businessman Oz Ben-David. Kanaan is, in their words, "Love served on a plate." And hummus lovers of the world rejoice: this vegetarian restaurant in Prenzlauer Berg really delivers deliciousness in the tradition of Dabit and David's native region. Fresh, organic and locally grown are the focuses here and seating is predominately outdoors in a cute garden patio.



Bathhouse turned boutique

Also in the urban borough of Prenzlauer Berg is this impressive building that had been the site of the Oderberger baths, a turn-of-the-century bathhouse that operated until 1986. After extensive renovations, the site reopened this year as the **Hotel** Oderberger Berlin. The rooms here are warm and spacious, featuring oak-plank flooring and the indoor swimming hall has been restored.



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Milos Raonic qualified for the semifinals of the ATP Finals with a 7-6 (5), 6-3 win over Dominic Thiem

Jets roughed up to start stretch on road

Flyers ride balanced attack to win

Michael Raffl and Sean Couturier scored 34 seconds apart in the first period on Philadelphia's initial two shots, and the Flyers beat the Winnipeg Jets 5-2 on Thursday night.

Mark Streit, Wayne Simmonds and Brandon Manning also scored for the Flyers, who had 12 players register points.

Blake Wheeler and Dustin Byfuglien had the goals for the Jets, who opened a season-high five-game, nine-day road trip with just their second loss in the last six.

Couturier got Philadelphia on the board 9:13 in when he capitalized on a Winnipeg turnover and beat Connor Hellebuyck high to the glove side from close range.

Raffl doubled the lead just over a half-minute later with his third of the season after a stellar play by Matt Read. Read raced up the right wing and dived past Jets defenceman Josh Morrissey, poking the puck to a wide-open Raffl in the crease and Raffl finished with a shot over Hellebuyck's blocker.

Steve Mason made 30 saves to improve to 6-0-1 in his career against Winnipeg while helping the Flyers to their second win in their last six games.



Flyers goalie Steve Mason makes a save as the Jets' Quinton Howden looks for a rebound on Thursday night in Philadelphia. BRUCE BENNETT/GETTY IMAGES

THURSDAY In Philly



Hellebuyck stopped 17 shots. Mason was strong early in the third period when he came up with point-blank stops on Mark Scheifele and Nikolaj Ehlers two minutes apart. The Philadelphia goalie rebounded from Tuesday's 3-2 shootout loss to Ottawa in which he let in the tying goal with 1:59 left in regulation and then refused to address the media afterward.

Winnipeg outscored the Flyers 2-1 in the second period to pull to 3-2 entering the third.

Byfuglien netted his first goal of the season, beating Mason from the short side just under seven minutes into the second. Philadelphia went back up 3-1

with 7:02 remaining on Streit's one-timer from the point that ricocheted off Hellebuyck's glove.

Wheeler brought the Jets back within a goal by finishing a pretty tic-tac-toe passing display with Ehlers and Scheifele.

Simmonds scored 5:46 into the third period to give Philadelphia a 4-2 lead. Manning scored into the empty net with 48.6 seconds to go.

THE ASSOCIATED PRESS

Bryant and Trout earn MVP honours

Chicago Cubs slugger Kris Bryant has been voted NL MVP, and Los Angeles Angels centre-fielder Mike Trout is the AL winner for the second time in three years.

Bryant hit .292 with 39 homers and 102 RBIs in just his second year in the majors, helping the Cubs to their first World Series title since 1908. He becomes just the sixth player to win rookie of the year and MVP in one or consecutive seasons.

Bryant received 29 first-place votes, and Washington second baseman Daniel Murphy was the runner-up.

While the Angels finished fourth in the AL West, Trout was his usual brilliant self. He batted .315 with 29 homers, 100 RBIs and 30 steals. He scored 17 per cent of Los Angeles' runs, the





Kris Bryant and Mike Trout GETTY IMAGES

highest percentage for an AL player since Rickey Henderson with the 1985 New York Yankees.

Trout received 19 of 30 firstplace votes. Boston right-fielder Mookie Betts was second.

AL batting champion Jose Altuve of Houston was third, and Toronto's Josh Donaldson, who won the award in 2015, placed fourth, Edwin Encarnacion was 14th. THE ASSOCIATED PRESS



IN BRIEF

Astros land McCann and \$11M from Yankees

The New York Yankees traded veteran catcher Brian McCann and \$11 million to the Houston Astros on Thursday for a pair of young minor-league pitchers.

Houston sent righthanders Albert Abreu and Jorge Guzman to the Yankees.

McCann is a seven-time all-star, but his playing time diminished in the second half of the season as rookie Gary Sanchez emerged as a power hitter with 20 home runs in just 53 games. THE ASSOCIATED PRESS.

LeBron donates \$2.5M to Muhammad Ali exhibit

LeBron James is giving back to a champion who shaped his life.

The Cavaliers star is donating \$2.5 million to support an exhibit honouring Muhammad Ali exhibit at the Smithsonian National Museum of African American History and Culture in Washington.

The exhibit celebrates the late boxer's achievements in community activism, resistance, politics, spirituality and culture. THE ASSOCIATED PRESS



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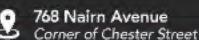
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O'Shea to thank for renewed pride in team

VIEW FROM THE 300S

Andrew 'Hustler' Paterson



Grey Cup contender. It wasn't supposed to go down this way. The Bombers were leading 25-6 late in the first half and had complete control of the game. What followed was a B.C. second-half surge leading to one of the biggest blown leads in CFL playoff history and one of the most controversial coaching decisions in recent memory with the game on the line.

Mike O'Shea had the biggest decision of his coaching career late in the fourth quarter with his team trailing for the first time all game. With 36 seconds to go and a third down and four just inside Lions territory, O'Shea opted to send out all-star kicker Justin Medlock to attempt a 61-yard field goal, longer than



Mike O'Shea's call at the end of the East semifinal will be difficult for some fans to get over, but when they do, there is plenty to like, Andrew Paterson writes. JOHN WOODS/THE CANADIAN PRESS

any that Medlock had ever made and longer than any field goal save one in the history of the league.

It fell short and with it went the Grey Cup dream for another season.

O'Shea was understandably criticized for the decision in the aftermath of the loss, but defended his reasoning and thought process Wednesday

The coach didn't want the season to end without giving him at least a chance to win the game with the ball on his foot.

in meeting with the Winnipeg media, and said he would do the same thing again.

While I don't think O'Shea gave his team the best chance to win the game by sending out Medlock for an unlikely career long field goal, I do understand why the coach did it. Medlock is the CFL's most accurate kicker and was arguably the Bombers MVP this

year. The coach didn't want the season to end without giving him at least a chance to win the game with the ball on his foot, even if the kick was beyond his normal range.

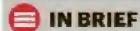
This decision will be talked about for years but getting past the disappointing end to the year, the Bombers can look forward to bigger and better things next season.

After a miserable 1-4 start, O'Shea led the team to a 11win season and its first playoff appearance since 2011. He has certainly earned the chance to come back and continue the progress the team showed this season. O'Shea and quarterback Matt Nichols will be priority signings in the short term for GM Kyle Walters, in looking ahead to 2017.

While the ending was heartbreaking, the 2016 Bombers rejuvenated a disgruntled fan base and injected a new pride in the team and franchise.

The talent on the roster now is far superior to any Bombers team we have seen in the last five seasons.

It will take a while to shake off the final moments of the season but O'Shea and the Bombers will be back next year with great expectations and plenty of unfinished busi-



McGregor moves up in pound-for-pound rankings Irish MMA phenom Conor McGregor, who added the UFC lightweight title to his featherweight championship on the weekend, has moved up to No. 2 in the UFC's pound-for-pound rankings.

McGregor, who trails only flyweight title-holder Demetrious (Mighty Mouse) Johnson in the rankings, jumped two spots in voting by a media panel. THE CANADIAN PRESS

Van der Merwe to captain Canada against Romania

Winger DTH van der Merwe will captain Canada for the first time in Saturday's rugby test match against Romania in Bucharest.

He takes over from No. 8 Aaron Carpenter, who broke his arm in Canada's 52-21 loss to fifth-ranked Ireland last Saturday in Dublin, THE GANADIAN PRESS

Rookies lead Aussie Open

Former top-ranked American Jordan Spieth yielded the spotlight in Thursday's first round of the Australian Open to a pair of rising local stars: U.S. amateur champion Curtis Luck and rookie professional Lucas Herbert.

Herbert and Luck both shot 5-under 67 to lead the tournament by a shot. THE ASSOCIATED PRESS

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Ceri Marsh & Laura Keogh For Metro Canada

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Ingredients

- 4 pieces wholegrain bread
- 2 Tbsp butter, softened
- 4 slices ham.
- 1 cup cheddar, grated
- 1/2 Granny Smith apple, thinly sliced
- 1 Thap mayonnaise
- 1 This pyogurt.
- 1 tap Dijon mustard

Directions

1. Mix mayo, yogurt and mustard in a small bowl.

Warm large skillet over medium. heat. Place two pieces of bread butter side down in the pan. Spread mayo mix across the two slices of bread. Divide grated cheese in half and sprinkle it over the bread.

3. Lay two slices of ham onto each piece of bread. Add layer of apple slices. Top with the other pieces of bread, butter side out.

4. Flip when bottom slice looks orisp and golden, about 5 minutes. Cook another 3 to 5 minutes, till cheese is melted and bread is golden brown, then remove to a cutting board, slice and serve.

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ACROSS

1. Secret-passer's sound 5. Li'l force on FOX's "Lethal Weapon" 9. British songstress Beth Sgt. Snorkel's comical dog 15, "...friend or __?" Strainer 17. Ms. Tilly's 18. "Assuming that's true...": 2 wds. 19. Nero's 254 20. Publicist's media packet: 2 wds. 22. Montreal-born humourist Mort 23. War on Poverty agey, created by US President Johnson 24. Recreation spot, in Quebec 25. Readies 28. _ Code 30. Volcanic crater 32. Outperform 33. Outfit 35. TV brand 36. Alternative magazine, _ Reader 37. Gusto TV series showcasing Canada's diverse cuisine: 3 wds. 41. Majority 42. Lenore poet's menogram 43. Memo 44. Curve 45. Actress Ms.

14 15 17 13 20 21 22 25 23 24 28 28 56 30 33 34 36 36 3-8 30 40 41 43 42 14 45 18 54 50 51 52 33 56 55 57 58 59 60 64 62 63 65 66 67

54. US gun gr. 55. August: French 56. Family name of Princesses Beatrice and Eugenie's mother Sarah 5B. The Hare' constellation 60. Saint Peters-

burg's river

61. Loretta of "M*A*S*H" 62. Keels parts 63. "Law & Order: SVU" actor 64. "_!_bug!" 65. New __, India 66. ___ time (Never) 67. Historic times

DOWN

1. Toque topper 2. "Connected" by MC's 3. Place of worship in England at Windsor Castle where Prince Charles and Camilla received the blessing. of their 2005 wedded union: 3 wds. 4. Throw out 5. Arcade Fire's "Neighberhood #2 (_)" 6. Ratify 7. Like the scenic imagery of a tourist spot such as Peggys

9. Acting honour 10. Historic town in eastern New Brunswick located on the river sharing its name 11. "I give up on this riddle already!": 4 wds. 12. 'Egg'-meaning prefix 13. Reno, __. 21. 'Dum spiro, __' = 'While I breathe, 1 hope 22. Twisted ankle injury 26. Feudal labourer 27. British WWII submachine gun 29. Wasn't taken in by the hoax: 2 wds. 31. "Yikes!" 34. German playwright Bertolt 37, Mr. Epps 38. Ms. Ephron 39. Roman myth household deity 40. "Ain't Too Proud " by The Temptations 46, "Ocean's __" (2001)48. Three-horsed Russian carriage 49. Mr. Claus' 51. Also: French 53. One of Thalia's mythological sisters. 57. One being conned 58, '60s hallucinogen

59. _ out a living

60. Ms. Peeples

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Summer

tic: 2 wds.

47. Dock's dockees

50. Enthusias-

52, "Full Metal.

tor, _ Ermey

Jacket" (1987) ac-

Aries March 21 - April 20 Be careful not to fall for smarmy rhetoric or fast-talking words. that sell you an idea. Today, discussions about religion, polities and racial matters are deceptive. Think for yourself.

Taurus April 21 - May 21 This is a poor day for important financial decisions, especially about inheritances and shared property. That's because your thinking is hazy.

Gemini May 22 - June 21 Discussions with others might be confusing. Be very clear in everything you have to say today. Likewise, make sure you understand others.

Cancer June 22 - July 23 Someone might appeal to your sense of sympathy at work today. Perhaps this is genuine; perhaps it is not. It's good to be helpful - on the other hand, don't be conned.

Leo July 24 - Aug. 23 You might be disappointed by romance today. Or a social occasion might leave you wanting more. Perhaps you expected something different? Unexpressed expectations almost always lead to disappointment.

Virgo Aug. 24 - Sept. 23 Family discussions are confusing today; be aware of this. Listen to others but wait until tomorrow to agree to anything important.

Libra Sept. 24 - Oct. 23 Be careful when doing home repairs today because you might not have all the facts. Something will confuse you. It is better to postpone acting until tomorrow, which is a clear day (mentally speaking).

Scorpio Oct. 24 · Nov. 22 This is not a good day for important financial decisions, because you might be deceived or you might have incorrect information. Furthermore, wishing doesn't make it so.

Sagittarius Nov. 23 - Dec. 21 Today it's as if you have Vaseline on your lens. You might see someone or something as being better than it is - or even worse than it is. It's hard to say.

Capricorn Dec. 22 - Jan. 20 Secrets might come out today. If so, don't be quick to believe them. Don't believe everything you hear. Test the facts for yourself.

Aquarius Jan. 21 - Feb. 19 Today a friend might try to convince you of something or you might feel pressured by a group. In either case, do not respond. Wait until tomorrow so you'll know what's really happening.

Pisces

Feb. 20 - March 20 Conversations with authority figures are confusing today, which is why you should not act on an important decision. Make sure you know what you need to know.

CONCEPTIS SUDOKU by Dave Green

8. God willing, _

Every row, column and box contains 1-9

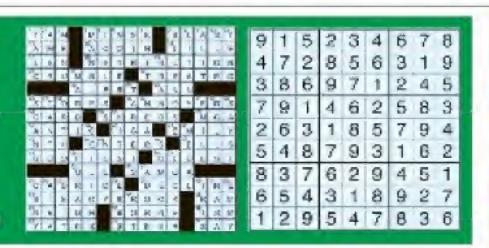
Cove: 2 wds.

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	9				7		2	
7		1		6				

YESTERDAY'S **ANSWERS**

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